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Hatrick Hero - Season 1 - Edition 2 PG1

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YOUTH FOOTBALL PUBLICATION

SEASON 1 EDITION 2

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## MELBOURNE KNIGHTS FC FEATURE



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**FIRST FEATURE CLUB : MELBOURNE KNIGHTS...**

Welcome to the second edition of Hatrick Hero. We hope you enjoyed the first ever edition and thank-you to all the players, parents and club officials who were involved. This edition will be featuring the Melbourne Knights Soccer Club, who was the over-whelming winner of our Facebook Poll with over 50% of the votes. Well-done Knights and congratulations! Be sure to stay tuned for more polls, prizes and events on our Facebook page – just search for "Hatrick Hero".

A total of 8 games are covered in this edition and will feature the U/9 Joeys, U/9 Kangaroos, U/11 Kangaroo-Joeys and U/11 Kangaroo Orange from the sub-juniors.

The U/12, U/13, U/14 and U/16 teams are also featured and reviewed. We have interviews with a number of Knights players and also a word or two from some of the proud parents.

This week's Word on the Street features an article focusing on the 'State of the Junior Game'. Be sure to submit your very own article for your chance to be published and win a \$20 Rebel Sport gift voucher.

Our Fast Fact for this week will be focusing on the Goal Kick and includes 5-easy steps to performing and improving your goal kick. Also, be sure to take notes and read through Fitness Builder, which looks at Fitness Testing.

The next Hatrick Hero edition will feature the Green Gully Soccer Club, so be sure to look out for the Hatrick Hero team on Mother's Day weekend (8th – 9th May). We'd also like to take this opportunity to wish all the "Soccer Mum's" out there a very safe and special Happy Mother's Day.

Why not spoil your Mum and take her to the SLICES Family Restaurant in Taylors Lakes for Mother's Day lunch or dinner?

Feel free to contact us via Facebook or via email [hatrickhero@live.com](mailto:hatrickhero@live.com)

**CLUB HISTORY: MELBOURNE KNIGHTS**

The Melbourne Knights came to prominence in the 1990's, with the first recorded organised football game being held on the 10th April 1953. Players came from far and wide including Geelong and North East Victoria to help field a full side. The Melbourne Knights came to be a well known football club, but was more than just a sports club. It was a social and cultural institution - a meeting place for post-war

Croatian immigrants. The club achieved it's maden achievement in 1959, when they were first crowned as Divisional Champions. The Knights are renowned for their youth academy, which has produced a number of players who have reached international level. Most notable players include; Mark Viduka, Joe Spiteri, Danny Tiato, Andrew Marth and many others. In fact the Knights can boast a

total of 38 players who have represented Australia at senior level, with a further 3 players representing Croatia. The Australia U/23 side, which competed in the 1996 Atlanta Olympics fielded 5 Knights Players including Viduka, Tiatto, Spiteri, Juric and Horvat. An additional 5 players were also involved in the qualifying stages.

**MAY**

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# UNDER 9'S REPORT KNIGHTS



# UNDER 9'S REPORT KNIGHTS

## Kangaroos vs Brimbank Results



Those watching this game were treated to a goal fest and another impressive performance by the Knights U/9s. A total of 13 goals were scored by Melbourne Knights against Brimbank. This is the second successive match which the U/9's have won by a handsome margin. Luke Juzel scored an impressive 3 goals and becomes our first HATRICK HERO for the magazine. Luke and the U/9s showed real confidence in their build up play as

well as their finishing. Greg's side worked very well as a team unit with Thomas (#15), Noah (#16), Dante (#13) and a host of other players getting on the score sheet. Greg Zahra was extremely proud of his players and is hoping for big things for his team.

## Joeys vs Keilor Results

The visiting team, Keilor Park, opened the scoring through #12 with a well taken goal in the 18th minute. The action was end to end and both teams had chances to score. However, the score remained as 0-1 at half time. Keilor Park changed things up a bit in the 2nd half by subbing their goal keeper with #10 in order to get some fresh legs on the pitch.

The Knights' coach half time chat placed emphasis on improving vision on the pitch by "Putting your head up and having a look". Keilor Park was very solid in the back and continued this in the 2nd half. Both teams started to tire in the 2nd half, which led to more goals being scored by both teams. In the end the Knights were able to come back from behind and clinch the game with a 4-3 victory.



### Upcoming Games

### Man of the Match

Rnd 3: vs Spring Hills FC 3(Knights Stadium)  
Rnd 4: vs St.Albans Saints (Churchill Reserve)  
Rnd 5: vs Green Gully Soccer Club (Knights Stadium)

Melbourne Knights #11  
- Steve Grgic  
  
Green Gully #5  
- Samuel Magro



### Upcoming Games

### Man of the Match

Rnd 3: vs Sunshine George Cross 2 (Knights Stadium)  
Rnd 4: vs Keilor Park (Keilor Park Reserve)  
Rnd 5: vs Green Gully Soccer Club (Knights Stadium)

Melbourne Knights #11  
- Steve Grgic  
  
Green Gully #5  
- Samuel Magro



# UNDER 11'S REPORT KNIGHTS



# UNDER 11'S REPORT KNIGHTS

## Kangaroos orange vs gully results



This game showed a lot of intensity from start to finish. The Melbourne Knights defence was under a fair bit of pressure for most of the first half. The Melbourne Knights 'keeper was doing an excellent job of keeping a clean sheet, but only by the tip of his toes (literally!). The first half ended 0-0, with some good chances going to waste from both sides. The 2nd half started with the same intensity – Melbourne Knights had a shot come off the post after a long range shot and Green Gully had a well taken goal disallowed. Melbourne Knights' #7 had a good curling shot just go wide of the post, but it was

Green Gully who broke the deadlock. Green Gully's #11 scored the goal with a very nice assist from #7. Melbourne Knights looked to even up the scores instantaneously, only for the ball to be cleared off the goal line. Green Gully did not have to wait too long until #7 doubled their lead mid-way through the 2nd half. Again Melbourne Knights looked for a quick re-bound, which was saved well by the Gully 'keeper. The Melbourne Knights 'keeper kept his side in the match with a good 1 on 1 save. But in the end Gully were the deserved victors 0-2.

## Kangaroo-Joeys vs georgies results

The opening game at Knights Stadium started off with a minute silence for our ANZACs and it was good to hear a number of kids well versed as to the significance of the day. Sunshine George Cross started the game well and made good use of their wide men. The Melbourne Knights 'keeper made a great save in the 15th minute and made a number of consecutive saves thereafter. The 1st goal of the game was scored by Jeremy – the #10 of Sunshine George Cross. Melbourne Knights were defending well but Sunshine George

Cross looked the more dangerous to score again. Instead, it was the Knights who levelled the scores through #25. The game was being played at a fast pace and Sunshine George Cross were able to restore their lead just before half time through #9 slotting the ball into the bottom left hand corner. In the 2nd half the Knights again levelled the scores through #20, Anastasios Vantianitis. However, in the end Sunshine George Cross put the game beyond doubt by scoring a further 3 un-answered goals with the final score 2-5 in favour of the away team.



### Standings

Team	P	Points
Green Gully SC	2	6
Werribee City SC	2	6
Altona Magic SC	1	3
Sydenham Park SC	2	3
St Albans Saints SC	1	3
Laverton Park SC	2	3
SGX SC	2	3
Sunshine Heights	2	0
Hoppers Crossing	2	0
Melbourne Knights	2	-8

\*Correct at 26/4/2010 7:00pm (Source: <http://football.resultsvault.com>)

### Upcoming Games

Rnd 3: vs Werribee City  
(Galvin Park Reserve)  
Rnd 4: vs Hoppers Crossing  
(Knights Stadium)  
Rnd 5: vs Sydenham Park  
(Knights Stadium)

### Past Results

Rnd 1: vs Sunshine George Cross –  
lost 3-1 away

### Man of the Match

Melbourne Knights #11  
– Steve Grgic

Green Gully #5  
– Samuel Magro



### Upcoming Games

Rnd 3: vs Spring Hills FC  
(Knights Stadium)  
Rnd 4: vs Cairnlea FC  
(Cairnlea Park)  
Rnd 5: vs Green Gully Soccer  
Club (Knights Stadium)

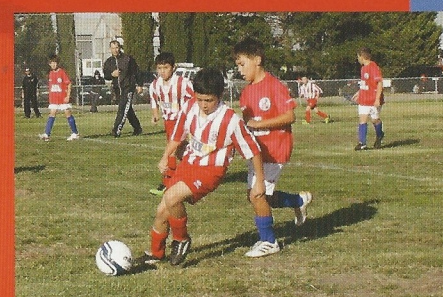
### Past Results

Rnd 1: vs Altona City – lost 3-0  
away

### Man of the Match

Melbourne Knights #20 –  
Anastasios Vantianitis

Sunshine George Cross #  
10 – Jeremy Vun



### Standings

Team	P	Points
Cairnlea FC Sports Club	2	6
Williamstown SC	2	6
Sunshine Georgies SC	1	3
Spring Hills FC	2	3
Keilor Park SC	1	3
Green Gully SC 1	2	3
Brimbank Stallions	2	3
Altona City SC 1	2	3
Altona City SC 2	1	0
Green Gully SC 2	2	0
Point Cook SC	2	0
Melbourne Knights SC 1		-8

\*Correct at 26/4/2010 7:00pm (Source: <http://football.resultsvault.com>)



# UNDER 12'S REPORT KNIGHTS



## Knights vs gully results



The U/12s were the first team to host the game on the senior pitch this afternoon. The pitch was in absolute top notch form with the weather putting on a fine show for some excellent football. The Melbourne Knights defence was put under pressure in the first half of the game by Gully. Although the Knights defence held out for some time, finally Luke Ward opened up the defence with the first goal. The Knights found some composure towards the end of the 1st

half where the score remained at 0-1. In the second half Green Gully picked up where they left off and added to their lead with another goal from Gully's #2, Luke Ward. It was good to see both teams putting on a good display of the passing game with some clever skills and tricks. However, Melbourne Knights was unable to breach the Gully defence who were able to add a 3rd goal to their tally. Final score 0-3 to Gully.

### Standings

Team	P	Pts
Green Gully SC	2	6
Altona City SC	2	6
Brimbank Stallions	2	4
St Albans Saints	1	3
Keilor Park SC	2	3
North Geelong Warriors	2	2
Ballarat	1	1
Sydenham Park	2	0
Hoppers Crossing	2	0
Melbourne Knights	2	-3

\*Correct at 26/4/2010 7:00pm (Source: <http://football.resultsvault.com>)

### Upcoming Games

Rnd 3: vs Keilor Park  
(Keilor Park Reserve)  
Rnd 4: vs Sydenham  
Park (Knights Stadium)  
Rnd 5: vs Altona City  
(Knights Stadium)

### Past Results

Rnd 1: vs Brimbank lost 1-0  
away



# UNDER 13'S REPORT KNIGHTS

## Knights vs gully results

The Knights started the game on the back foot with Gully having a few good chances to get off to an early lead. However, Melbourne Knights grew in confidence as the half progressed and started to put together some good passages of play. Gully's early pressure paid off with Jamie Bontorno (#7) scoring the first and only goal of the match. Gully's #13 also played a big part in setting up the winning goal with a nice cross. Knights started to get a good level of possession and had some decent opportunities to put the ball in the back of the net. The home team had

chances both through open play and set pieces. However, it was Melbourne Knights' final ball which prevented the team from opening their account for the afternoon. The second half started a little bit flat from both sides, with the Knights really picking up the intensity towards the end. The last 10 minutes of the contest was the most open period of the game as the Knights searched for that elusive equaliser. The Knights had a good level of intensity in the closing stages with their best chance falling to #9 in a 1 on 1 with the Gully 'keeper, which was well saved. The game finished 0-1 to Gully – it may have been a different result had the Knights showed the same intensity earlier on in the game.



### Upcoming Games

Rnd 3: vs Werribee City  
(Galvin Park Reserve)  
Rnd 4: vs Balmoral FC  
(Knights Stadium)  
Rnd 5: vs Altona City  
(Knights Stadium)

### Past Results

Rnd 1: vs Sunshine George  
Cross – won 0-5 away

### Man of the Match

Melbourne Knights #11  
– Nikola  
Green Gully #7 – Jamie



### Standings

Team	P	Pts
Green Gully SC	2	6
Altona City SC	2	6
Keilor Park SC	1	3
Werribee City SC	2	3
Hoppers Crossing	2	3
Melbourne Knights	2	0
St Albans Saints SC	1	0
Sunshine Georgies	1	0
Balmoral FC	2	0
Brimbank Stallions	1	0

\*Correct at 26/4/2010 7:00pm (Source: <http://football.resultsvault.com>)

# UNDER 14 KNIGHTS

## Match Report: Knights VS Gully 25/4/2010

The Knights 'keeper really set the tone of the match by coming off his line in the opening few minutes to clear the ball outside the 18-yard box. However, the opening few minutes were a bit cagey with neither side dominating possession. The first attacking play came from Green Gully, which was a shot off target. The Knights started to show a bit of flair with a clever nutmeg on the halfway line by #10. Gully really started to heap the pressure on the home side's defence, which stood firm and restricted Gully to outside the 18-yard box. Melbourne Knights' first shot came courtesy of a free kick, which was saved by the Gully 'keeper. Melbourne

Knights' keeper continued to venture out of his box to clear balls and was a real asset to the Knights defence. Gully was finding it quite difficult and frustrating to breach the Knights defence. However, in the 18th minute the away team found a way through with #16 having his shot saved well by the Knights keeper which then deflected on to the cross-bar. Chris Galea, Gully's #10, was most alert and calmly put the ball away for the first goal. The Knights defence looked shaken and were lucky not to concede another goal soon after via a corner. Knights were still able to get into good attacking positions but were being restricted to long range shots from outside the box. The home team started to use their wide

players well, but Gully was still dangerous on the counter and doubled their lead in the 29th minute through Peter Modderfi (#7). The Knights started the second half stronger and were rewarded with a goal in the 32nd minute through Adrian (#13). As Knights pushed for the equaliser, Gully missed a good chance to seal the game with a counter attack on the 58th minute. A minute later P.Modderfi notched up his second of the game with a very delicate and confident chip - probably goal of the round! The Knights were valiant in their final efforts with some good build up play. However, the Knights could not find that final ball and put the last effort on goal wide with a free header. The game finished up 1-3 to Gully.

## PLAYER SPOTLIGHT:

Ivan Topcic

POSITION: Right Wing

NO: #7

LENGTH @ CLUB: 7 years - a one club man

FAV CLUB TEAM: Barcelona

FAV PLAYER: Ivan Rakitic (FC Schalke & Croatia National team)



## Ladder Standings

Team	P	W	D	L	F	A	GD	Pts
Ballarat	2	2	0	0	20	2	18	6
GRFC	2	1	1	0	7	1	6	4
Keilor Park SC	1	1	0	0	3	1	2	3
Altona City SC	2	1	0	1	3	3	0	3
Cairnlea FC	2	1	0	1	5	6	-1	3
Green Gully SC	0	0	0	0	0	0	0	0
Altona Magic	2	0	0	2	2	9	-7	0
Hoppers X	2	0	0	2	0	18	-18	0
Melb Knights	1	0	1	0	1	1	0	-2

\*Correct at 26/4/2010 7:00pm (Source: <http://football.resultsvault.com>)

## HOME TEAM



## Upcoming Games

- Rnd 3: vs Keilor Park (Keilor Park Reserve)
- Rnd 4: vs Bye
- Rnd 5: vs Altona City (Knights Stadium)

## Past Results

Rnd 1: vs GRFC - drew 1-1 away

## U14's - Melb Knights vs. Green Gully

	MK	GG
Shots (off target)	8	5
Shots (on target)	3	4
Corners	1	5
Free Kicks	4	4
Cards	0	0
Saves	9	3
Goals	#13 (32')	#10 (18'), #7 (29'), (59')
Final Score	1	3



# UNDER 16 KNIGHTS

## Match Report: Knights VS Gully 25/4/2010

This game started with a great level of intensity, resulting in a Gully player being subbed off through an injury. Melbourne Knights' #7 and #9 had consecutive shots blocked and saved within a frantic opening few minutes. Both sides were showing a good level of commitment with some brave tackles displayed. A controversial penalty was awarded to Gully in the 5th minute. The Melbourne Knights 'keeper made an excellent save to his right with the follow up shot hitting the bar before being cleared. Green Gully's left back (#15) was putting in a man of the match performance by holding his own against a much larger opponent. The next 15 minutes of the game was very stop-start. The away side had the better of the first few

chances with a 16th minute shot going off target from #16. The Knights' #2 displayed some fine defending by getting the final touch, averting a 1 on 1 with the 'keeper. Melbourne Knights preferred the long-ball tactic, thus by-passing their midfield in any build up play. The Knights started to grow in confidence up-front with #6 trying his luck from outside the box in the 26th minute (off target). Melbourne Knights' #9 striker, Chris, showed very good pace on the right wing to setup #10, Mohammed, with a shot that just went wide of the post. Melbourne Knights finished the first half stronger but it was Gully who went into the break with a 1-0 lead through a goal deflecting off the 'keeper's chest. In the second half, it was the Knights who dominated most of the attacking play in the early stages.

Gully was still looking dangerous on the counter with the Melbourne Knights keeper making some good saves. Knights lifted the intensity in the final 15 minutes with a multiple number of half chances, which could not be converted into goals. The Gully keeper looked solid and made some excellent punching clearances from corners. A great one-two from Melbourne Knights put the striker through for a 1 on 1. The Gully defence was desperate to keep him out and fouled in the box – a penalty for the Knights! Melbourne Knights' #14 stepped up and placed the ball at the centre of the goal. Gully's keeper got a hand to the ball, but it was not enough to deny Knights the equaliser. The Knights had some real belief to go on and win the game in the final few minutes. The final chance fell to the Knights via a free kick which was blasted over the bar. An exciting end to the match with both teams sharing the points. Final score 1:1 – a fair result for a well contested match

## Ladder Standings

Team	P	W	D	L	F	A	GD	Pts
Sydenham Prk	2	2	0	0	11	2	9	6
Sunshine Heights	2	2	0	0	9	2	7	6
North Geelong	2	2	0	0	8	1	7	6
Altona East SC	2	1	0	1	5	8	-3	3
Werribee City SC	2	1	0	1	5	10	-5	3
Melbourne Knights	2	1	1	0	6	2	4	1
Green Gully SC	2	0	1	1	2	3	-1	1
Sunshine Georgies	2	0	0	0	2	2	6	-4
Keilor Park SC	2	0	0	2	2	6	-4	0
Westgate FC	2	0	0	2	1	11	-10	0

\*Correct at 26/4/2010 7:00pm (Source: <http://football-results.vault.com>)



## Upcoming Games

- Rnd 3: vs Werribee City (Galvin Park Reserve)
- Rnd 4: vs Sydenham Park (Knights Stadium)
- Rnd 5: vs Sunshine George Cross (Knights Stadium)

## Past Results

Rnd 1: vs Westgate –  
won 1-5 away

## PLAYER SPOTLIGHT: Daniel Dragovic



POSITION: Midfielder

NO: #6

FAV CLUB TEAM: Liverpool FC

FAV PLAYER: Gerrard



## U16's-Melb Knights vs. Green Gully

	MK	GG
Shots (off target)	13	5
Shots (on target)	5	2
Corners	5	2
Free Kicks	5	0
Cards	0	7
Saves	6	8
Goals	#14 (80')	OG (23')
Final Score	1	1





It is hard to think that just six years ago football in this country was on the brink of bankruptcy. Since then it has progressed into a serious player; not just on the Australian landscape but increasingly internationally too.

Football has one of the highest participation rates for all sport in Australia, yet until the valiant run of the Socceroos in Germany it failed to grab the public interest compared to the rugby codes and AFL in this country. According to the Australian Bureau of Statistics the most popular sport for boys, aged 5 to 17 years of age, is outdoor soccer with 20 per cent (277,800) participating (April 2009). With the addition of the fully fledged national league (A-League) and the inclusion of the Socceroos into Asia we find ourselves asking what next for football in this sport crazed country?

Imagine the world's biggest sporting event on our shores in 2018 or 2022. With Australia putting in an audacious bid to host the world cup, a long time dream could now become a reality. The flow on effects of hosting a world cup is immeasurable, not only financially but also on the growth of this beautiful game nationally. There is no better way to increase the profile of this sport than by bringing world class soccer players to our door step. By hosting the world cup, international players will not only inspire Australian youths but also encourage them to reach their ultimate goals on the pitch.

With the ongoing support from the FFA (Football Federation Australia) and the bright hopes for the future of football in Australia, it is imperative to remain loyal to the foundation of football. By continuously supporting grass-root football financially there is finally a strong base to establish football as the number one sport nationally.

It will be interesting to watch the progress of football and the affects of this amazing game on the sporting culture of Australia in the years to come.

**SEND IN YOUR OWN ARTICLE BETWEEN 300-400 WORDS TO BE FEATURED ON HATRICK HERO'S 'WORD ON THE STREET'! INCLUDE YOUR NAME, AGE, CLUB & SEND TO [hattrickhero@live.com](mailto:hattrickhero@live.com)**

**THE STREET'S SUGGESTED TOPIC :**

**Who would you like to see coach the Socceroos?**

# LATEST NEWS



## World cup:

With just over a month to go until the World Cup Finals in South Africa, we thought it was time to start sizing up the Socceroos' group stage opponents. We'll be taking a look at Serbia and Ghana first up.



## Team wrap up

### SERBIA

Serbia's best performance at the World Cup was in 1962 where they finished in 4th place (formerly known as Yugoslavia). They finished their qualifying round on top of their group ahead of France, having won 7 of their 10 games and scoring a total of 22 goals. Milan Jovanovic was Serbia's top scorer with 6 goals.

### GHANA

The 2010 World Cup will only be Ghana's second appearance, having qualified for the first time in 2006. Like Australia, Ghana reached the second round in 2006 having won 2 and lost 2 of their 4 games. The 'Black Stars' finished at the top of their group winning 4 of their 6 games and were the first African team (other than the hosts) to qualify.

## players TO WATCH OUT FOR:



**FULL NAME:** Nemanja Vidic  
**BIRTH DATE:** October 21, 1981  
**BIRTH PLACE:** Uzice, Serbia & Montenegro  
**HEIGHT:** 1.85m  
**WEIGHT:** 83.8 kg  
**AGE:** 28  
**POSITION:** Defender  
**SQUAD NO:** 15

Vidic has been a regular in the Manchester United defence since his arrival in 2006. He made his first full international appearance in October 2002. Although he is a constant aerial threat in set pieces, he has shown weakness in his defensive game with the ball played over the top. His consistency and leadership attributes make him a formidable asset to the Serbian team. His lack of pace and poor suspension history should be an area which the Socceroos should look to exploit.



**FULL NAME:** Michael Essien  
**BIRTH DATE:** December 3, 1982  
**BIRTH PLACE:** Accra, Ghana  
**HEIGHT:** 1.80m  
**WEIGHT:** 78 kg  
**AGE:** 27  
**POSITION:** Midfielder  
**SQUAD NO:** 5

Essien makes his living at Stamford Bridge as the enforcer of the Chelsea midfield. Although not known for his high goal-scoring tally, he has scored some long-range crackers during his time with the Blues. Known as "The Bison", which is a play on his physical presence on the pitch. Essien's work-rate and strength will be a real handful for the Socceroos. His aerial ability could be viewed as the weakness in his game.

# FAST FACTS

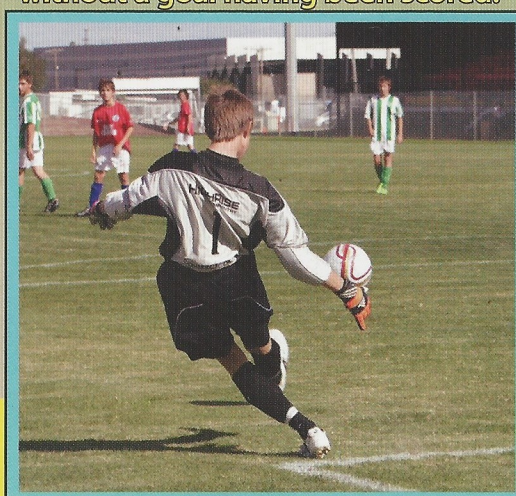
## & REF'S CORNER

all ABOUT:

# goalKICKS

### WHAT is a goal kick?

A Goal Kick is a method of resuming play. It is awarded to a team once an offensive player kicks (or is the last to touch) the ball out of bounds, past the goal line – without a goal having been scored.



### WHO can take a goal kick?

Any player on the team is able to take a goal kick. However, goalkeepers are the most common takers of goal kicks.



### HOW TO take a goal kick?

- step 1**  
**one**  
Kicking Leg: Ensure that the leg you are kicking the ball with is swung back as far as possible, in order to maximize the power of your shot. Note: Technique is more important than power – so get the technique right first!
- step 2**  
**TWO**  
Ankle: Ensure that the ankle of your kicking leg is kept locked
- step 3**  
**THREE**  
Knee: Slightly bend the knee of your supporting leg (non-kicking leg). By bending your knee you make it easier for yourself to kick with your half-instep (refer to image below)
- step 4**  
**FOUR**  
Supporting Foot: This needs to be placed approximately 30 cm beside the ball. The direction that your supporting foot faces will determine the direction the ball is kicked in
- step 5**  
**FIVE**  
Body Posture: Leaning back when kicking the ball will force the ball to go high. Leaning over the ball will help keep the ball on the ground.

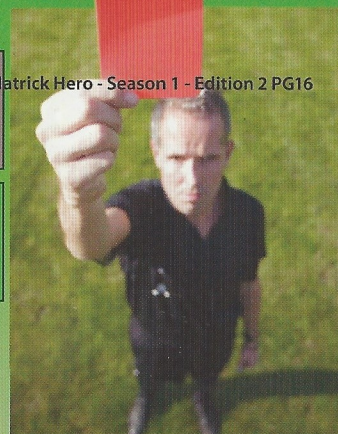
### Remember:

Approaching the ball at 45 degrees will help maximize the power and success of the goal kick.

### Rules & Tips:

- Goal kick must be taken anywhere along the 6-yard box line
- All players must be outside of the 18-yard box when the goal kick is taken
- A player cannot touch the ball until it is kicked outside the 18-yard box
- A goal can be directly scored from a goal kick
- An own goal cannot be scored via a goal kick
- An attacking player cannot be in an offside position when receiving the ball directly from a goal kick
- The goal kick taker can only re-touch the ball again once it is touched by another player

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# FITNESS BUILDER

Hatrick Hero - Season 1 - Edition 2 PG17

## ...with Andy



IN football our skills are an important part of developing into great football players. As we get older however, our fitness becomes more important. To understand where we stand in our fitness levels we need to take tests that can help us improve our level of play. It is very important that we take tests of 'fitness components' that we actually cover in football.

Endurance, agility, speed + strength endurance are some of the more commonly used fitness components in our game. Here are some easy and practical fitness testing that can be used in a football team setting.

### ENDURANCE; 'THE BEEP TEST'

#### Score Ranges:

Excellent: >13

Very Good: 11 – 13

Good: 9 – 11

Satisfactory 5 - 7

Improvement needed <5

Equipment: beep test cd, tape-measure, marker (cones)

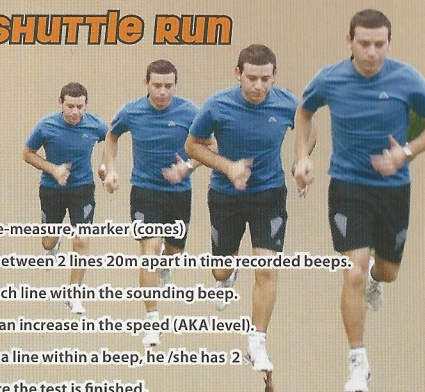
Involves continuous running between 2 lines 20m apart in time recorded beeps.

The subjects need to reach each line within the sounding beep.

A unique sound will indicate an increase in the speed (AKA level).

If the subject does not reach a line within a beep, he/she has 2 more beeps to catch up, before the test is finished.

### SHUTTLE RUN



### STRENGTH; 'pushup'

Equipment: Stopwatch, tape measure, cones

Procedure: Start by having arms shoulder width apart and back parallel to the ground, lower your body keeping it straight, whilst bending your elbows. Then slowly lift your body off the ground by stretching your arms and repeat the process.



### power; 'VERTICAL jump TEST'



Equipment: measuring tape, wall + chalk or vertek (expensive)

Procedure: jump as high as possible and measure the difference

between standing height and jumping height.

### speed; '20metre sprint'



Equipment: measuring tape, stop watch markers (cones or timing gates)

Procedure: max sprint of 20metres and time best score

**Keep in mind – These tests are great for an easy way to have your football team participating in. Although they are not highly accurate they still give us a good indication of finding out our strengths and weaknesses. This is great for coaches to create session plans and work on players' fitness areas. Other football fitness components include; strength, flexibility, coordination & reaction time.**

source:topendsport.com



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# MESSAGES & COMPETITIONS

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## latest competition!

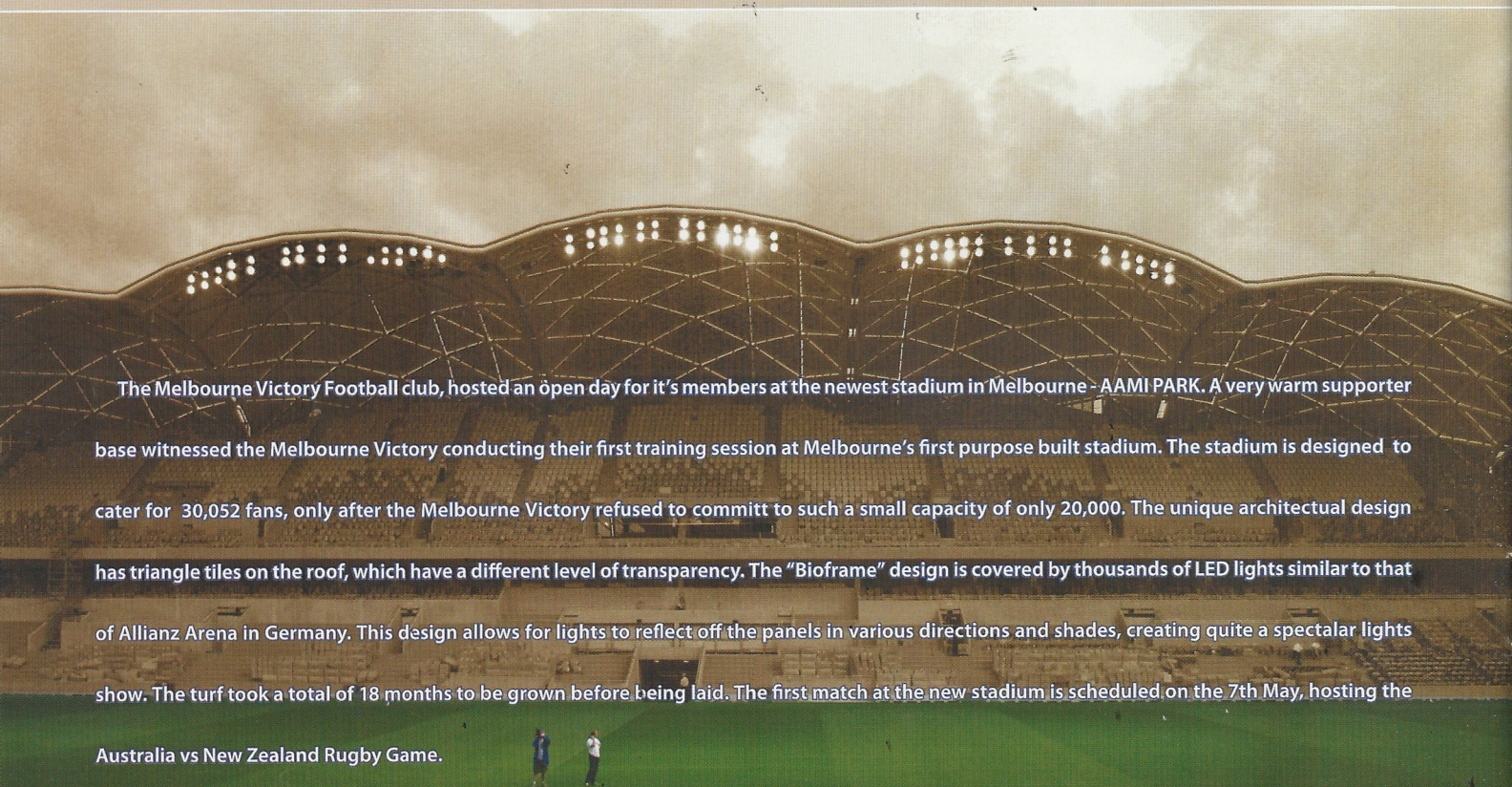
**Rebel Sport Highpoint** has kindly donated an authentic signed and framed memorabilia of the great striker Archie Thompson. Featuring his celebration after the famous 6-0 victory over Adelaide United in the 06/07 grand final

## HOW TO WIN!

**SUBMIT A DESIGN OF ARCHIE THOMPSON online WHETHER IT BE A DRAWING OR COMPUTER DESIGN IT'S COMPLETELY UP TO YOU! EITHER email YOUR design TO: [hatrickhero@live.com](mailto:hatrickhero@live.com) OR post on our wall on FACEBOOK!**

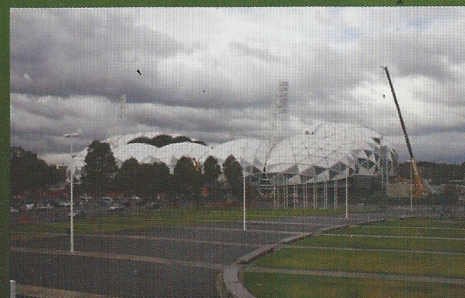


**Win me!**



The Melbourne Victory Football club, hosted an open day for it's members at the newest stadium in Melbourne - AAMI PARK. A very warm supporter base witnessed the Melbourne Victory conducting their first training session at Melbourne's first purpose built stadium. The stadium is designed to cater for 30,052 fans, only after the Melbourne Victory refused to committ to such a small capacity of only 20,000. The unique architectual design has triangle tiles on the roof, which have a different level of transparency. The "Bioframe" design is covered by thousands of LED lights similar to that of Allianz Arena in Germany. This design allows for lights to reflect off the panels in various directions and shades, creating quite a spectalar lights show. The turf took a total of 18 months to be grown before being laid. The first match at the new stadium is scheduled on the 7th May, hosting the Australia vs New Zealand Rugby Game.

Be sure to log on to the Hatrick Hero Facebook page to see Melbourne Victory training at the AAMI Stadium for the very first time....



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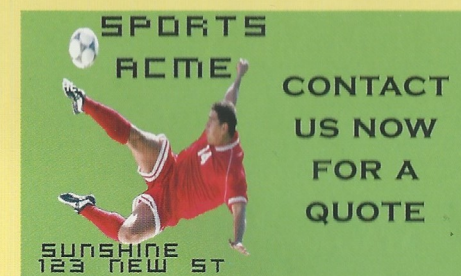
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